

Add Physical Activity to Your Conference

Conferences take a toll on everyone's energy. Too much sitting and too much food make it hard to stay alert and concentrate. Getting participants up and moving will make your conference more enjoyable and help attendees pay better attention. Physical activity breaks can also provide good networking opportunities.



Beat Conference Fatigue – Try One of These Ideas

- Give participants a list of local opportunities for physical activity, attractions and walking trails.
- Take breaks. Offer mini sessions on how to stretch or do yoga from your chair.
- Organize groups for early morning or evening walks, aerobics, yoga, etc.
- Provide walking logs or physical activity incentives/prizes to attendees.
- Offer dancing during your reception.
- Put information in conference packets about where stairs are located and the benefits of taking the stairs.
- Encourage participants to walk together while networking.
- Offer door prizes that emphasize physical activity such as:
 - Gift certificates for sport equipment or athletic shoes
 - T-shirts
 - Jump ropes
 - Weights
 - Water bottles
 - Pedometers
 - Gym bags
 - Books on fitness
 - Fitness DVDs

